

MEET WHO WALKED IN SOLITUDE.

ON LONELY ISLES, PLANTATIONS, IN GREAT CITIES.

Thousands Scattered About Who Have Fallen Under the Thrill of Solitude—An Ocean Island Hermit—The Solitary Life of Jamaica—A New York Case.

Ever since "Robinson Crusoe" was written—on a castaway on a desert island has been a favorite character in fiction. Novelists after novelists have told how the man or the morning after the wreck picked up a castaway in order to attract the notice of passing ships. For months or years he lived upon the island, utterly miserable because he was isolated from his kind, and when at last the long-looked-for sail rose above the horizon he was nearly mad with joy.

While sticking to facts, the novelist might very easily show another kind of Robinson Crusoe, one who goes to love his island solitude and hates the idea of leaving it and mixing with his fellow men again. Everybody who has travelled in out-of-the-way places knows that solitude has a wonderful fascination over almost all men after they have experienced it for some little time and got over its strangeness. There are thousands of men in various parts of the world who live as solitary as the hermit of the mountains, simply because they prefer such an existence to the society of their fellows.

The captain of a West Indian banana steamer tells a curious story of an adventure which happened to him when he was the first mate of a British trawler.

On a voyage from Cape Town to Wellington, New Zealand, his vessel passed close to a coral reef. Looking through his telescope, he saw a white man, clothed in rags, standing on the beach. Knowing the place to be a desert island, the captain concluded that the man was a castaway, and sent a boat ashore under command of the first mate to rescue him.

As soon as he saw the boat leave the ship's side the man ran away into the jungle which covered most of the island. Thinking he was mad, the boat's crew searched for half an hour, until they found him concealed beneath some bushes.

"Come along, my man," said the mate, gently and soothingly. "Why did you run away? We want to take you home."

"I do not wish to go," replied the man, in an educated, refined voice. "I shall not go unless I am carried. I came here ten years ago, because I wished to be alone and quiet. I have everything I wish for, thank you, except solitude at this present moment. Pardon me if I seem impatient, but will you be good enough to take what you want and go away? I may explain that the craving for solitude is almost a monomania with me."

"But why on earth did you run away?" asked the mate, in amazement. "I'm sure we don't want to take you if you don't want to come."

"You are more considerate than most people, then," was the reply. "Several ships have stopped here during the last ten years, and usually the captains seemed inclined to take me away by force. They thought me mad, which I am not. I only escaped abduction last time by hiding."

"Can we do anything for you? Provisions? Tools? Books?" the mate asked.

The man smiled.

"You are very kind," he said, "but I have all I require. I have read all the books I wish to read. I have not opened a book since I left Oxford, eleven years ago."

"But how do you pass the time?" he was asked.

"In my leisure moments I usually write poetry. It would be very kind of you to give me some pens, ink and paper. My last supply, secured from a German warship which happened to call here, is almost exhausted."

Writing materials were given him, and as they parted the mate asked:

"Can I take any message to your people at home? Things may have happened which would induce you to return."

"You are very sympathetic, but no hidden tragedy in my life has driven me to this place," he answered. "I am content simply because I prefer it and I do not contemplate ever wishing to return."

A few weeks ago an American passed Sombrero Island on a voyage from Trinidad to New York. It is a precipitous rock on which the British Government maintains a lighthouse and is the most northerly of the Caribbean islands.

"What a lonely spot for a lighthouse keeper!" exclaimed a passenger. "He must be a miserable man."

"Not at all," said one of the ship's officers. "He enjoys it. He's the only man on the island and he never cares to leave it."

"He's been there for years and absolutely refuses to take a wife or a mate to live with him. He is entitled to regular holidays, but he won't take them."

"The governor is hearing that he will go mad, almost begs him to take a change now and then, but he always says he'd rather stay."

"To go to Anguilla for a month's holiday."

"Anguilla is a tiny island with about four thousand inhabitants, and you would find the quiet place on earth. But in less than a week the lighthouse keeper said there was too much noise and bustle, and went back to Sombrero."

"This man passes the time by taming the seabirds that swarm around the lighthouse. He loves them better than his fellow men."

In the island of Jamaica there are scores of Englishmen, Americans and Scotsmen leading lives almost as solitary as if they were on a desert island. They are the planters, the overseers of coffee, fruit, and cocoa estates.

"They live in the great houses of the plantation, and the negroes call it, and the nearest white neighbor lives perhaps twenty or thirty miles away. Most of them are young unmarried men, but some are gray-headed veterans of solitude who have lived alone all their days and could not live any other way."

They frequently do not see another white face for weeks, or even months, at a time. There is nothing to prevent them from mixing with their kind, if they choose.

In the country districts of Jamaica somebody is always giving a ball or a dinner or a tennis party. All that a man has to do, if he tires of his own company, is to saddle his pony and ride ten or twenty miles to another plantation. He is warmly welcomed in the hospitable creole fashion, and may spend a pleasant evening with music and conversation.

But the man of solitude prefers to sit on his own veranda after dinner, smoke his cigar and try to find the idyllic life through the chocolate trees. This he does year after year until he becomes an old man.

"I went out to dinner last week," said one of these Crusoes of the bush. "First time for over a year I left the plantation. Wish I hadn't."

"Good dinner, charming people. Dear old lady, the mother; nice girls, too; played me Mendelssohn's 'Consolation' and the 'Spring Song' after dinner. I haven't heard any good music for over five years. But I wished I hadn't gone."

"Too much racket for me. I was glad to get back to this quiet old plantation and be alone again. I'm no good for society. I suppose I'm selfish, but I prefer my own company to anybody's."

This man is a type of thousands. Many of them are highly educated men, with cultivated tastes and talents.

An overseer in Jamaica, who never sees another white man if he can avoid doing so, is a gifted musician. Every evening, after dinner, he sits down at his organ and plays the beautiful strains of Brahms and Palestrina until it is time to go to bed.

Another has published anonymously a

work on psychology which attracted attention and was wrongly attributed to several distinguished men. If a visitor can talk intelligently on questions of metaphysics and psychology, this man gives him a hearty welcome to his plantation; if not, he prefers to be left alone.

Some of these men write poetry by the yard and send it to the local newspapers. It is usually rubbish, but occasionally it has merit. Here is an example, written by a Jamaican under the pseudonym "Tom Reddam," which gives an idea why some of these hermits shun cities and men:

The night on the town has fallen,
And the stars are like the lights of a city,
On the rim of a lonely war.

The lights of the town, Madonna,
The stars are like the lights of a city,
On the rim of a lonely war.

The light that the world affords us,
The light that the world affords us,
The light that the world affords us,

And the calm of God, Madonna,
And the calm of God, Madonna,
And the calm of God, Madonna,

A young Englishman, who lived alone on an isolated plantation, got all his pleasure out of a gramophone. He would spend hours every evening alone listening to it.

He was never known to spend a night away from it. It was all the society he cared for—until he met "the only girl in the world" and married her. She soon civilized him.

When a man falls under the thrall of solitude, marriage is the only cure, but often he will not marry, simply because he would not give up his hermit life.

A young American planter of the sea coast of Jamaica was in that position. He loved a pretty and charming creole girl, but he would not marry her. But someone would not make the plunge.

He hated the idea of losing her, and yet he hated as much the idea of giving up his solitary life. Month after month he delayed the formal proposal, which everybody was expecting, until at last the affair had a natural result. The girl married another man out of pique.

That made the American a confirmed misanthrope, and now he is ranked among the most solitary of all the hermits in Jamaica.

But it is not necessary to go to the tropics to learn the thrall of solitude. Many of the heartiest great cities know as intimately as Alexander Selkirk ever did.

One such man is the head of a large banking concern in New York. He lives alone, save for his servants, to whom he only speaks to give commands. That is seldom necessary, as they know by long usage exactly what he wants on all occasions.

He has no friends, hardly a single acquaintance, never a visitor. Every day he walks to his office from his home and walks back two miles each way.

At his office he is merely a highly organized machine transacting business in which he takes no personal interest. He never chats with anybody or lets anybody chat with him.

After dinner his real day begins. He lives in his books all the evening and every evening. Reading is all he cares for. He never goes out anywhere and never has a soul to visit him. His day at the office is nothing but a dream, and his real life does not begin till he takes up his book.

This man is essentially a hermit from choice. He could not be more completely under the thrall of solitude if he lived on a desert island in the Pacific.

USES OF FIREFLIES.
They Supply Light to Read By and to Shoot By—A Firefly Telegraph.

"In the tropics," says G. R. O'Reilly, the naturalist, "the fireflies may be made to serve many purposes. For instance, they supply light to read by."

One night when stormbound in Pavia, in eastern Venezuela, my companions complained of the monotony of having nothing to do.

"How jolly it would be," he said, "if we only had a lamp and some books!"

"Why, I've got 'Don Quixote' in the sack," said I, "and I'll soon have a light."

I jumped from my hammock, caught a firefly, and soon, with 'Don Quixote' open, was reading aloud in such darkness that none of us could see the faces of the others.

"I had only one firefly, yet it was quite sufficient, because I used it properly. I held the little creature between finger and thumb, close to the page, and as I passed it along the lines of print, word after word became successively visible and passed from my lips as fresh as if I had had the whole page plainly before me, instead of a little circle of light, illuminating word after word as it moved steadily along the paper."

"On another occasion I came across a snake in the dark and resolved to catch him. Accordingly I decided to mark the spot and return immediately with a lantern. To mark the spot, however, in such darkness was difficult."

"Fireflies were passing quite near me. I was smoking a cigarette, and had some fine copper wire in my pocket. I waved the glowing point of the cigarette about my head with one hand, and held my net in the other. Soon a firefly sailed near me, attracted by the light. I knocked it down with the net and secured it."

"In the same manner I got two others, tied them all together with the bit of copper wire, and then, holding the net over the path-way close by where the snake was, and then hurried home for a lantern."

"When I returned my firefly beacon was still there, glowing as brightly as ever. My lantern soon revealed a large snake just finishing his meal. I captured him without difficulty. Then, thinking 'the fireflies for their services,' I turned them loose."

"Another night, wishing to shoot a large wood owl, when it was too dark to see the sight of the gun, a new use for fireflies flashed across my mind. Taking two of the insects, I killed them, and pulling off the luminous part of their bodies, I placed the phosphorescent substance on the fore-sight and back-sight of the gun barrel."

"By this means I brought down the owl without difficulty, the pale, weak light on the sights being just sufficient to aim by, and yet not so strong as to dazzle the eyes."

"A Venezuelan gentleman, whom I met at Caracas, told me how his life once was saved by the use of a firefly. During a revolution, being taken prisoner, he was confined in a house near the forest under a large tree. He had no means of escape, and his friends remembered that, with him had failed."

"But they did not know how to tell him of his guards, until at last they saw that for confining him a large firefly, which he had caught, was shining so brightly that its light would show steadily among the trees, a telegraph might, by alternately hiding and exposing its light, send a silent language, and he answered it by flashing his light in reply."

"During the day, when he sat smoking by the window, they got a boy to ride past on a mule, singing a song."

Quando el cuculo duerme
Mirad el cuculo duerme
Mirad el cuculo duerme

That is, "When ever one is asleep, look out at the fireflies, my dear." The singer was a boy whom the prisoner knew well, and he naturally suspected that some hint was intended for him. He could not understand exactly what was meant, but, nevertheless, he watched for the fireflies.

"He saw only one, but that one spoke a language, and he answered it by alternately hiding and exposing his lighted cigarette. His escape was planned so that, for confining him a large firefly, which he had caught, was shining so brightly that its light would show steadily among the trees, a telegraph might, by alternately hiding and exposing its light, send a silent language, and he answered it by flashing his light in reply."

Afterward."

EXERCISE WITH THE DISHPAN

A SOURCE OF HEALTH AND GRACE IN THE KITCHEN.

Especially for the Girl Who Does Her Own Housework It Is Valuable; but It Is Available to Everybody Who Wants Good Spirits—Dishpan Gymnastics.

The girl bachelor who does her own housework, has right at hand the implements for making herself slender, graceful and pretty.

This implement is the dishpan, and with its aid she can become as sylphlike as the most graceful girl of her acquaintance.

It is often the case that the girl who does her own housework is too tired to practice gymnastics or too busy to do so. Often she has no dumbbells and no Indian clubs, while such things as vaulting poles and horizontal bars are far beyond her reach.

Frequently it happens that she is employed during the day, and then, the case is still more complicated, for she comes home weary, and by the time she has prepared her evening meal, it is too late to exercise.

Then she can hold it out in front of her and bring it back again, and back, until she has performed this motion ten times. Then she can lower it in front of her, going through these gymnastic exercises over and over again.

The exercises with the feet are interesting, because they are more difficult. The dishpan is held out at arm's length and is then kicked by the one who holds it.

It is not a difficult feat to hold out the pan and kick it, but little by little the pan should be lifted and the girl who holds it must keep on kicking, higher and higher, until she has raised it as high as her head.

In the right kind of costume it is not hard to kick as high as your head and the girl athlete will soon be able to do this.

The arms and the fingers and all the muscles of the shoulders can be exercised by drumming. Let the pan be held out and let the girl drum upon it with the knuckles.

Then let her drum on it with her fingers, after she has jumped in her moccasins, run her mile and done her wrestling, will take a quick bath, and will then be well rubbed down by her trainer. Often the bath is omitted, and in place of the bath comes the massage with rose water and glycerine, or bay rum and alcohol, or pure alcohol, or witch hazel and glycerine.

There are also cold creams which can be thinned until they can be used for massage.

A refreshing bath water is made with orange-flower water as a basis. Take a quart of it and add half an ounce each of rose water and the extracts of jasmine, cassia and vanilla. A little of this is very pleasant added to the bath or used separately in the massage.

A bath perfume for those who like a heavy odor is made by dissolving a grain of musk in a quart of spirits of cognac. Let it stand two weeks and add to the bath water.

The woman or girl who is just beginning to take a course of exercise will very often be so stiff and sore in her muscles as to be nearly ill; and this unpleasant condition will keep her from exercising again. It is not infrequently happens that, after fifteen minutes of exercise, she will feel herself strained, and that, the following day, she will scarcely be able to walk.

This is due, first, to the taking of too violent exercise at first; second, to improper care after the exercise, and, third, to the fact that the woman was in no condition to begin taking the gymnastic exercises.

Before you exercise you must be sure that you have just the right amount of food in the stomach. There must not be any undigested food, for one cannot exercise on a full stomach, nor must the stomach be empty to the point of emptiness. One should wait until, an hour after a meal, when the food, if of the proper kind, will be just about the right stage of digestion.

Then the woman who takes up athletics must be sure that she is in good condition hygienically. The body must be thoroughly cleansed as to its pores, and it must not be chilled nor overworked.

If possible, the clothing should be very loose, and a gymnasium suit should be worn, for then there is the right amount of ventilation. The girl who starts in to do gymnastic exercises in her street dress, tight around the waist, will surely come to grief, for she will strain her muscles and injure herself, causing a great deal more damage than she thinks is possible.

The dishpan exercises are recommended for all strains of the muscles and joints, and the girl who washes her own dishes will soon get into the habit of becoming a kick or two upon the pan, the conclusion of the work, and of lifting it up and down above her head, just for the sake of exercise.

Those women who manipulate a chafing dish and handle the delicate china after the meal, whose blue plates, cups and saucers are far too precious to be entrusted to the kitchen tray, can practice the dishpan exercises and can use for this purpose the little dishpan which now accompanies every chafing dish.

If the dishpan be a silver one, as so many dishpans are nowadays, why so much more better, for there will be just so much more common to practice with it, and the athlete will become perfect just so much the sooner from the delight of handling the silver pan.

Into the tub there goes a pint of aromatic

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